

welcome  
to your Riverford  
vegbox



**Riverford**  
organic farms

the Riverford  
**a-z**  
of veg



**Riverford**  
organic farms



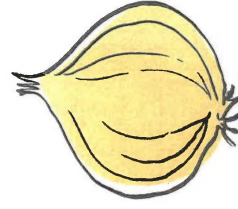


## A-Z of Riverford veg

Is it swede or is it salsify? This A-Z will help you identify all the vegetables in your box and gives you tips on how to store, prepare and cook them.

As well as helping you tell which veg is which, there are also cooking tips and information specific to each variety. Varieties of the same vegetable often have different culinary virtues. Find out just what to do with a hispi vs a savoy cabbage. And whether to boil or mash a cosmos potato.

If you're still stuck with identifying a mystery veg in your box or knowing what to do with it, call us at the farm (or your vegman) and we'll help you out.



*we're here to help*  
**01803 762059**  
**[www.riverford.co.uk](http://www.riverford.co.uk)**

# vegetable index

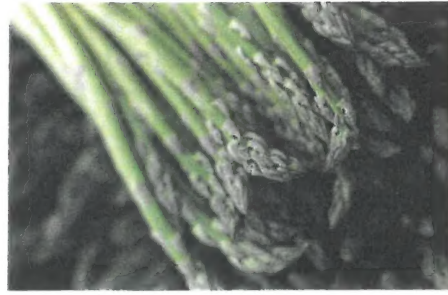
Asparagus	6
Aubergine	6
Batavia lettuce (see salad leaves)	26
Beetroot	7
Broad bean	7
Brussels sprouts	8
Butternut squash (see squash)	30
Calabrese broccoli	9
Carrot	10
Cauliflower	10
Cavolo nero/black kale (see kale)	18
Celeriac	11
Celery	11
Chard	12
Cherry tomatoes (see tomato)	32
Chilli	12
Cos (or romaine) lettuce (see salad leaves)	26
Courgette	13
Crown prince squash (see squash)	30
Cucumber	14
Curly kale (see kale)	18
Fennel	14
French bean	15
Garlic	15
Globe artichoke	16
Herbs	16
Hispi cabbage (see cabbage)	8
January king cabbage (see cabbage)	8
Jerusalem artichoke	18
Kohl rabi	19
Leek	20
Little gem lettuce (see salad leaves)	26
Mizuna (see salad leaves)	26



Onion	20
Parsnip	21
Piquillo pepper (see pepper)	22
Potato	22
Pumpkin	30
Purple sprouting broccoli	23
Radicchio (see salad leaves)	26
Radish	24
Ramiro pepper (see pepper)	22
Red cabbage (see cabbage)	8
Red onion	20
Red onion squash (or uchiki kuri) (see squash)	30
Red russian kale (see kale)	18
Rhubarb	24
Rocket (see salad leaves)	27
Romanesco	25
Runner bean	25
Salad leaves	26
Salsify	28
Savoy cabbage (see cabbage)	8
Sorrel (see herbs)	17
Spinach	28
Spring greens	29
Spring onions	20
Swede	31
Sweet mama squash (see squash)	30
Sweetcorn	31
Tomato	32
Tundra cabbage (see cabbage)	8
Turnip	32
White cabbage (see 'cabbage')	8



Picking starts in early May and runs through to late June. The ultimate challenge for an organic grower, but a beautiful vegetable that's worth the trouble.



### storing & preparing

Keep in the fridge and eat as fresh as possible. Standing it upright in water will help to preserve its life.

### quick tips

Snap off the woodier bottom end. Boil or toss in olive oil and roast for a few mins. Keep the trimmings for stock, soup or risotto. Great served with poached or boiled eggs, melted butter or hollandaise sauce.

*we start the season with asparagus from our Spanish grower Pepe and then move onto the beautiful English crop*

## aubergine

At their best from mid-July to September. Make the most of them in Mediterranean style dishes, paired with tomatoes and courgettes.



### storing & preparing

Best kept in the fridge. They should last about a week. They can become slightly bitter the longer they are kept, but there's no need to salt aubergines as they're grown to be sweeter than they used to be.

### quick tips

Slice lengthways, toss in oil and griddle or BBQ. Cube and roast or add to curries, stews and ratatouille. To make stuffed aubergines, cut in half lengthways, scoop out the flesh, then chop and fry it with a tomato and herb sauce. Stuff the aubergine skins, top with mozzarella and breadcrumbs and bake until golden.

## beetroot

This purple root will be in your box from July to November, straight from the field, and through the winter from store.

### storing & preparing

As soon as you get beetroot, chop the stalks and leaves off. If you are going to use the leaves, keep them in the fridge. Store the roots in a cool, dark place. Summer beets are best in salads or cooked whole and eaten warm. Later in the season beetroot is more suited to a hearty soup or gratin.

### quick tips

Wash gently and boil without trimming the root - leave an inch or so of leaf stalk. Boil for 20-40 mins, depending on size, then slip them out of their skins. Or roast in 5mm water, covered with foil, for about 45 mins - they can take a lot longer if large (test with a knife).



## broad bean

Broad beans come early in the summer, normally June, and are a welcome sight when there are few other homegrown veg around.

### storing & preparing

Keep in their pods in the bottom of the fridge - they should survive for a week, even if the pods become a little limp. Pop the beans out of their pods before cooking them. After cooking larger beans, slip the bright green inner beans out of their skins as they can be tough, although this isn't essential for small beans.

### quick tips

Boil the podded beans very briefly. You can serve them as a side dish, add to pasta sauces and risottos, or blend with olive oil and spices to make a dip. Also good in a salad with crumbled feta cheese.





## brussels sprout

Ready to pick between September and February, but at their best between November and January. More popular with aphids and slugs than children!



### storing & preparing

The stalks will keep for 2 or 3 weeks in a cool outdoor vegetable rack or in the fridge. Once the sprouts are picked off the stalk, their life is reduced to a week or so.

### quick tips

Clean, then boil or steam. Try frying with bacon bits and nuts after boiling, or roasting in the oven. Good shredded into a stir fry, too.



## C cabbage

Harvested all year round. Varieties that might turn up in your box include:



**hispi** (May-October) Pointed, crunchy, sweet-tasting. Good steamed, boiled and stir-fried.



**january king** (October-February) Crunchy texture and sweet flavour.



**red cabbage** (July-December) When fresh and raw, use in coleslaw, otherwise cook long and slow.

**savoy** (July-March) Robust texture and strong flavour. Ideal for hearty soups. A good substitute for cavolo nero.

**tundra** (September-March) A reliable late winter cabbage.

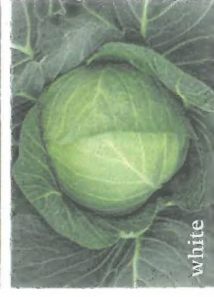
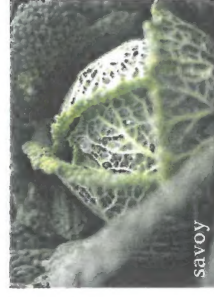
**white cabbage** (July-January) Good for coleslaw.

### storing & preparing

Most varieties will keep for a fortnight or so (a week for hispi) in the fridge. Discard any tough or damaged outer leaves and the central core. To make the prep easier, roll two or three outer leaves into a sausage shape before slicing.

### quick tips

Melt some butter in a pan, sprinkle in some caraway seeds and cook for a couple of mins. Stir in finely shredded white or green cabbage and cook slowly for 10 mins, until soft. Or mix shredded cabbage with finely sliced carrot and dress lightly with olive oil, pulverised garlic, salt, pepper and lemon juice. For an accompaniment to roast meat, chop up a red cabbage, 2 apples and 1 onion, combine with 50g butter, 1 tbsp brown sugar and 1 tbsp balsamic vinegar, simmer in a heavy bottomed pan, then turn down low to cook for 2 hours, stirring occasionally.



## calabrese broccoli

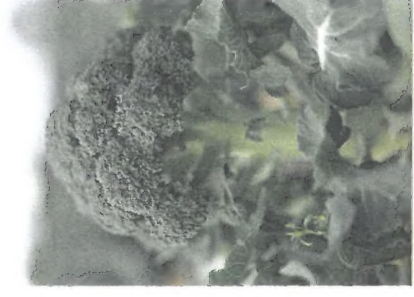
In season from July to late October. More tender and milder than most of the brassica family. Calabrese is the traditional name for green (regular) broccoli.

### storing & preparing

Calabrese can go yellow in a matter of hours, usually as a result of stress, so keep it cold and it will be good for about a week.

### quick tips

To make a quick pasta sauce, gently fry a tin of anchovies, a chopped garlic clove and a finely sliced chilli for a min. Cut calabrese into chunks and steam for 5 mins. Purée one half, leaving the other half in chunks. Toss the broccoli and anchovies with a glug of olive oil, salt and pepper, then stir into the pasta with lots of parmesan. To roast, break into florets, toss in oil and put in the oven at 200°C for 10 mins.





## carrot

Harvested from late June to November and still good from store between December and April.



### storing & preparing

Carrots keep for several weeks in a paper bag on a cool veg rack. Twist off the tops before storing, as they draw moisture away from the root. New season carrots only need light cooking, whereas stored carrots benefit from roasting or boiling and can be made into soup or added to stews.

### quick tips

You can cook carrots in all sorts of ways - frying, steaming, roasting, or just enjoy them raw. Or try dressing grated carrot with lemon juice, olive oil and coriander leaves for a simple Middle Eastern salad.

## cauliflower

Can be grown all year round, but you'll see it in your box mainly from October to May.



### storing & preparing

A healthy, undamaged cauliflower can keep for a fortnight in the fridge. If the leaves look good, try cooking them with the florets.

### quick tips

Roast, boil, steam or stir fry - just don't overcook it! For a really flavoursome side dish, cook chopped garlic, chilli and oregano gently in olive oil for 2 mins, then mix with cooked cauliflower and serve sprinkled with lemon juice. Or try frying gently in butter with almonds. If you're making cauliflower cheese, try adding a good dollop of mustard to the sauce. You can also use this as an alternative topping for cottage pie.

## celeriac

Look out for this knobbly aromatic root in your box through the winter. It's hard to grow and horrible to harvest but we think its delicate flavour makes it worth the trouble.

### storing & preparing

Keep cool and damp in an outdoor veg rack or the bottom of your fridge. It should last for several weeks.

### quick tips

Trim off any leaves then wash, peel and cut into chunks. Try it mashed (on its own or half and half with potato), roasted, added to wintry stews or even sliced thinly into batons and eaten raw. It's great combined with sliced potato in a gratin, too. You can find a recipe for the classic celeriac rémoulade on our website.



## celery

Harvested in the UK from July to the first frost in October. We grow traditional 'unblanched' celery.

### storing & preparing

Best kept in the fridge, where it should last at least a week. Wash well before use. A potato peeler will get rid of the fibrous strings of the outer layer. The leaves are often bitter, and are best either discarded or used in stews and soups.

### quick tips

Unblanched, organic celery tends to be more suitable for cooking than eating raw. Use finely chopped celery as the base for stews or soups, sweating gently in butter or oil with finely chopped carrot and onion. Or blanch stalks in boiling water for 10 mins, drain, then sprinkle with grated cheese and breadcrumbs and place under a hot grill for a celery gratin. And use it in stock.





## chard

Recognisable by its white mid ribs (for Swiss chard, or coloured ribs in the case of the Ruby and Rainbow varieties) and deep green leaves, chard is like a more hardy spinach. Look out for it in the summer months.



### storing & preparing

Keep in a plastic bag in the fridge for a few days. Wash well before use. The ribs are best sliced or torn out and thrown away, or start cooking them a couple of mins before the leaf. The green leaves of chard, cooked without their stalks, can be substituted for spinach in most recipes.

### quick tips

Cook chard leaves in boiling water for 1 min, drain, then refresh in cold water and drain again. Squeeze out all the liquid. Gently fry sliced garlic in olive oil until soft, add the chard and toss with pine nuts or raisins. Or stir the leaves into curries and stews.

## chilli

There are thousands of varieties of chilli with varying colour, shape and heat. We experiment with growing different types in our polytunnels. Taste as you go and add with caution!



### storing & preparing

Store in the fridge for 1-3 weeks. Cut lengthwise and slice off the stem (remove the seeds and membranes if you want a milder heat). Wash your hands thoroughly and avoid contact with your eyes or sensitive skin.

### quick tips

Mix 2 chopped deseeded chillies with 1 crushed garlic clove, 1 tbsp chopped parsley and 2 tbsp olive oil - great with fish or as a pasta sauce. To make chilli chocolate, deseed and very finely chop 2 chillies. Gently melt 100g dark chocolate, adding the chilli bit by bit (taste as you go). Pour onto baking parchment and leave to cool for 10 mins, then cut into squares.

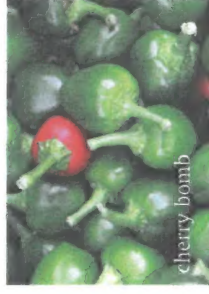
## cayenne

The hottest chilli we grow (but not extreme). Ideal in a chilli con carne. It has a thinner skin and is good for home drying. To do this, tie chillies individually to a length of cotton with a clove hitch knot (or thread them on with a needle), then hang them in a dry, airy room.



## cherry bomb

A round, early red variety with a thick skin and mild flavour. Good in a salsa, stir fry or even a salad if you feel like living a little dangerously.



## fresno

Slightly more elongated in shape and a bit hotter than cherry bomb.



*there is a scientific rating called the scoville scale that scores the heat of different chillies*

## courgette

All growers love planting courgettes. They are a doddle to grow and tend to glut in the summer - so keep plenty of recipes to hand.

### storing & preparing

Keep in the fridge. Best eaten fresh, even though they'll look fine for a week or more. Wash well before use.

### quick tips

Chargrill in strips, roast, stir fry or add to curries and chillies. Or cook grated courgettes slowly in oil until soft, season and add a little chopped tarragon and some capers. Serve as a side dish, or as pasta sauce with parmesan and grated lemon zest. You can also eat them raw: slice thinly or shred into salads, or try tossing courgette matchsticks with lemon juice, olive oil and shredded mint.





## cucumber

Picked from mid June to late September or early October. Our cucumbers are grown in the soil, unlike most commercially grown cucumbers which are fed hydroponically. We think the flavour is all the better for it.



### storing & preparing

Best eaten fresh but will keep in the fridge for a week or more. Wash well before use. For salads, we sometimes peel them and take out most of the seeds, which gets rid of some of the wateriness.

### quick tips

Make raita to serve with curries. Fry 1 tbsp mustard seeds in a little oil. Add to 300ml yoghurt with finely diced cucumber, grated carrot, ½ finely chopped onion, 1 tbsp chopped mint and salt and pepper. If you have a glut of cucumbers they're great turned into cucumber pickle - find the recipe on our website.

## fennel

In the boxes from our fields from June to October and occasionally from our grower in Italy through the winter.



### storing & preparing

Keep in the fridge. It will last a week or so. Wash well before use. Cut off the leaves if you're not planning to use them.

### quick tips

You can eat fennel raw or cooked. Raw it's fresh, crunchy and aniseedy; cooked it becomes gorgeously soft and sweet. Slice it thinly and use in salads, dressed with a squeeze of lemon and black pepper. Roast it in the oven in wedges and try slow cooking it in olive oil until soft and tender. Keep the leaves and use as a garnish or to stuff fish.

## french bean

French beans will be in your box from late June to early October. Beans like it hot and humid, so we have to cross our fingers and hope for consistent warm weather.

### storing & preparing

Keep in a bag in the bottom of your fridge, where they should keep for a week. When fresh, they should snap in half cleanly. Top and tail (or just top) before cooking.

### quick tips

Cook in plenty of boiling water - without a lid if you want to maintain the colour - then drain and plunge into cold water to keep them firm and bright green. Reheat in a little butter just before serving, perhaps with some parmesan and black pepper. Or try this traditional Italian pasta dish: cook pasta in boiling salted water, adding French beans and thinly sliced waxy potatoes. Drain, then return to the pan and toss with pesto.



## garlic

An essential ingredient for most cooks. We offer the milder wet (fresh) garlic in spring and dried garlic for the rest of the year.

### storing & preparing

Keep in a dry, airy place. If well dried, it should keep for several months even at room temperature, though it shows an increasing tendency to sprout as spring approaches. Keep wet garlic in the fridge.

### quick tips

Garlic needs to be cooked very gently - don't let it burn or it will spoil your dish. Wet garlic is milder than dried, so don't be afraid to use plenty (use the white and green stalk) chopped into salads, dressings, marinades, salsa, stir fries or stirred into mashed potato.





## globe artichoke

Guy's favourite vegetable. The main harvest is in June and July, with a secondary season in September and October.



### storing & preparing

Keep in the fridge for a week or more. To trim, pull off the dark outer leaves. Cut the tops off the remaining leaves and trim so no dark green bits are left. Remove the hairy choke with a teaspoon. Once cut, the exposed surfaces brown quickly, so put in a bowl of water acidulated with lemon juice. For more help, watch our video at [riverford.co.uk/globe\\_artichokes](http://riverford.co.uk/globe_artichokes).

### quick tips

Boil whole in salted, acidulated water for 20-40 mins (test by pulling off one of the bottom leaves - if it comes off easily, it's done). Eat hot or cold dipping the leaves and then the heart in vinaigrette or melted butter.

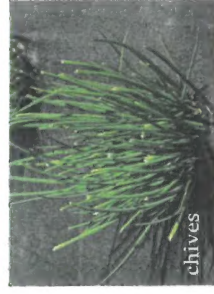
## h herbs

We grow a mixture of harder outdoor varieties and more delicate herbs that we nurture in polytunnels.



### basil

Use in salads (famously with tomatoes and mozzarella) and sauces, or add to dishes at the end of cooking. Or make pesto! You'll find a recipe on our website.



### chives

Good as a garnish and for bringing slightly tired dishes to life: chop and sprinkle on soups or add to stir fries and salads.

### coriander

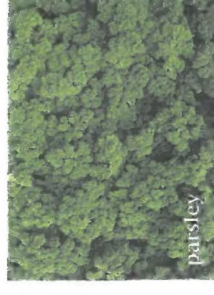
Use the leaves in Asian dishes and salsa. The roots and stalks can be included in curry pastes.



coriander



mint



parsley



sage



sorrel



thyme

### dill

The fine, feathery leaves work well with fish, pickles and soups. Also add to potato or beetroot salads and horseradish sauce.

### mint

Great with new potatoes and lamb. Also use in North African dishes like taboulleh and in tsatsiki and raita. And enjoy in a Pimm's or gin and tonic.

### parsley

Use to dress carrots and new potatoes (don't forget the butter). It can also freshen up all sorts of cooked vegetable dishes and warm salads. Use with mint in taboulleh and rice salads. The stalks and trimmings are a good addition to stock.

### sage

Traditionally used in stuffings for poultry. It works really well with squash, too - try it in a squash risotto. Or fry the leaves in butter and serve with pasta.

### sorrel

The tart, lemony leaves work well in soups, sauces and salads. Try the Sorrel and Onion Tart recipe on our website, too.

### tarragon

Cook with chicken, either by pushing sprigs under the skin before roasting or by adding to marinades, sauces and stuffings. Use to dress warm salads and with braised vegetables, too.

### thyme

Try roasting with vegetables and in gratins, tomato sauces and casseroles. You'll normally need to add it early on in the cooking, as the flavour is strong.



## jerusalem artichoke

No relation to globe artichokes. They are a doddle to grow and are in season through the winter. Beware their flatulent effects!



### storing & preparing

Will keep for several weeks in a cool, damp place. If you can't be bothered to peel them, just give them a soak and a scrub. They go brown quickly once cut, so put them in water with some lemon juice to prevent this.

### quick tips

To roast, toss with a little oil, spread on a baking tray with some garlic and thyme, salt and pepper, and cook at 200°C for 30 mins. For a comforting soup, fry an onion, add thinly sliced artichokes and some stock, and simmer for 20 mins. Blend, season and stir in a little cream. Or try them sliced thinly in salads.

## kale

A dark green leafy brassica. Look out for different varieties through autumn and winter.



black



curly

### black kale/cavolo nero (October-January) a

slow-growing, elongated plant with dark green leaves. Its robust flavour makes it interchangeable with savoy cabbage in cooking. Very good in soups, stews and pasta dishes.

**curly kale** (September-March) a hardy and nutritious winter veg, with curly leaves and a peppery taste. Cook it like cabbage.

**red russian kale** (October-April) fine fronded leaves tinged with purple. The sweetest and most succulent variety, best lightly steamed or braised.

### storing & preparing

Keep in the fridge. Red Russian should keep for 3-4 days, curly 4-5 days and cavolo nero can last up to a week.

### quick tips

Wash well, trim or strip the stalks and use in dishes as a green like spinach or cabbage. You'll need to boil it fast, then drain and squeeze out the water. Try sautéing kale in butter and garlic or add bacon bits or onion. Chilli is a good addition too. Or mix with mashed potato to make the Irish dish colcannon.



## kohl rabi

In season through May and June. One of the weirder-looking vegetables that we grow - somewhere between an alien, a Teletubby and a Mr Man. The flavour is a bit like a mild radish. Can be green or purple.

### storing & preparing

Keep in the fridge. Remove the leaves to avoid drawing moisture from the root. Wash well before use. To prepare, trim off the top leaves and stems, trim the base and if it's large, peel the outer leaves. Young kohlrabi should not need peeling.

### quick tips

Stir-fry, steam or boil. Can be eaten raw - try it thinly sliced in rounds, with your favourite dressing, or shred into coleslaw. For a simple side dish, peel, cut into batons and cook in a little butter until soft. Stir in chopped parsley or dill, then season with lemon juice, salt and pepper.



red russian



# 1 leek

We normally start picking in September, and leeks will appear in your box until April.



## storing & preparing

Best kept in the bottom of the fridge, where they'll last a week or so. To wash, split in half from just above the base upwards, so the two halves remain attached, and rinse under a running tap.

## quick tips

Blanch, braise, roast or stir-fry. You can use both the green and white parts. Finely slice, then sweat gently in butter and oil for 10 mins, then add a dollop of cream and some salt, pepper, mustard and crispy bacon for an easy pasta sauce.

# 0 onion

Boxes will have green onions with their tops on from May and dry onions from July to February.



## green

Also known as spring or salad onions - harvested while the leaves are green. They have a milder flavour and you can eat them leaves and all, usually raw in salads.

## red

These have a mild, sweet flavour and are good eaten raw in salads. Try chopped in salsa or sliced in a salad with beetroot, lentils, feta and mint.

## white

Useful as a base for all sorts of dishes, from soups and stir fries to pasta sauces and stews.

## shallots

Smaller and sweeter than white onions, shallots are good in salads or as a flavouring for vinegars and dressings. Also try them slow-cooked whole in stews or roasted in their skins.

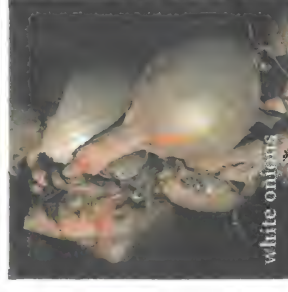


## storing & preparing

Keep cool and dry, preferably somewhere with a bit of air movement. Fresh green onions should be kept in the fridge.

## quick tips

Try roasting onions. Peel back the outer layers of skin and cut a cross right down to the root. Stuff with some sprigs of thyme and a peeled garlic clove, sprinkle with olive oil and balsamic vinegar. Place in a dish, cover with foil and roast in a hot oven for about 45 mins until tender.



# p parsnip

A sweet root vegetable available from November to February. They taste even better after the first frost, as the cold weather causes some of the starch to convert to sugar, increasing the sweetness.

## storing & preparing

With some mud on and undamaged by washing, parsnips will keep for two or three weeks on a cool veg rack or in the bottom of the fridge.

## quick tips

Roast with potatoes and beetroot to eat with a roast, or slice very thinly and fry in oil to make crisps. For a new take on roasted parsnips, parboil them for a few mins, then roll in flour and parmesan before roasting. Also good in warming gratins and soups.





## pepper

Out of the UK season, we bring you peppers grown by our friend Paco in Spain - the environmental cost of growing them in heated greenhouses in the UK is enormous.



### storing & preparing

Peppers have a really long shelf life and can last a couple of weeks in the fridge.

### quick tips

Add raw to salads or eat with dips (try some Riverford hummus). Roast them, use in soups, stews and omelettes. Recipes often call for them to be roasted, which gives them a smoky, concentrated flavour.

Either cook in the oven at 200°C or over the flame of a gas hob, turning them until the skin is blackened and blistered. Place in a bowl and immediately cover with clingfilm for 15 mins - this makes them easier to peel.



## potato

You'll get different varieties through the year, each with their own virtues. Early varieties arrive from mid-June and the main crop is harvested in September and October and stored for use during winter.



### waxy varieties

Boil and use in salads - try roasting them whole in their skins too. Varieties include Colleen, Charlotte, Lady Crystal, Lady Felicia, Jersey Royal, Maris Peer, Pink Fir Apple, Nicola and Novello.

### floury varieties

Use for mash, chips, roasting and baking. Varieties include King Edward, Cosmos, Desiree and Sante.

### all-rounder varieties

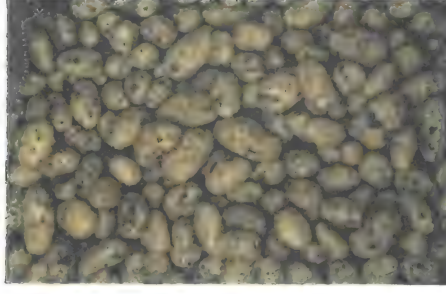
Multi-purpose spuds that will serve you well cooked most ways. Varieties include Marfona, Robinta, Ostara, Romano, Orla, Valor, Estima and Maris Piper.

### storing & preparing

Keep new potatoes in the fridge and storing varieties in a paper bag somewhere cool and dark.

### quick tips

Try mash with a twist - beat mustard into it, add fresh herbs or parmesan, or stir cooked shredded cabbage or kale into cooked potato for colcannon. For something different to do with new potatoes, bake them in parchment - you'll find a recipe on our website.



*Mix any leftover mash with grated beetroot to make pink bubble and squeak - popular with kids!*

## purple sprouting broccoli

In season from January to early May. Vigorous, wild and woolly-looking, PSB appears when other greens are in short supply. And it is wonderfully full of flavour.

### storing & preparing

Lasts 4-6 days in the fridge. The stems tend to be the best bit - if they are large, peel off the outside with a potato peeler and cut into sticks.

### quick tips

PSB is very good briefly steamed then drizzled either with hollandaise sauce or with warm butter, lemon juice and a scattering of toasted hazelnuts. Or try roasting or stir frying the whole stems and florets. Chilli and garlic are good flavours to add.





## radish

Look out for peppery radishes in the summer months. Their crisp, crunchy texture and vivid colour add vibrancy to all sorts of dishes.



### storing & preparing

Remove the leaves before storing in the fridge (you can eat the leaves in salads too). Wash well before use. If your radishes turn a little soft before you get to use them, a couple of hours in iced water helps revive them.

### quick tips

Dip in sea salt, or butter then sea salt, or a mayonnaise dip. Add to a mixed salad or try a simple salad of very thinly sliced radishes and oranges with a lemony dressing. Braise with other summer veg, eg. new potatoes, carrots, summer turnips. Or roast in olive oil with garlic and herbs for about 20 mins until tender.

## rhubarb

Our field-grown rhubarb is in season from April to June. It collides with strawberry season for a couple of weeks - make the most of it in our rhubarb and strawberry crumble recipe (see the website).



### storing & preparing

Keep rhubarb in a plastic bag in the bottom of your fridge - it should last for a week. Even if the sticks go rubbery, they are normally still fine to cook.

### quick tips

Rhubarb is a classic crumble ingredient. Or chop it into batons and cook gently in brown sugar and orange juice until tender, then serve with custard or swirl into natural yoghurt. Also good chopped into chunks and roasted. Its sharpness works well with oily fish or roast pork, too.

## romanesco

Available late summer to early winter. It has a crunchy texture and fantastic flavour, that's somewhere between cauliflower and calabrese.



### storing & preparing

Store in the fridge and eat it as fresh as possible. The centre stalk has a wonderful sweet flavour - slice it into similar sized pieces and cook with the florets.

### quick tips

Treat as you would cauliflower or broccoli. Roast, boil, steam or stir fry. Make sure you don't overcook it, or you'll lose its colour and bite. It adds vibrant colour and an interesting texture to cauliflower cheese, too - just add instead of, or alongside, cauliflower.

## runner bean

Look out for them in your box in August and September. An iconic British summer vegetable.



### storing & preparing

Keep in a bag in the bottom of your fridge, where they should keep for a week. When fresh, they should snap in half cleanly. Top and tail before cooking. Older runner beans can benefit from de-stringing - run a potato peeler down each side.

### quick tips

Cook in plenty of boiling water until tender - without a lid to maintain the colour - then plunge into cold water to keep them firm and bright green. Toss with crisp pancetta and sliced spring onions, plus a drizzle of balsamic vinegar.



## S salad leaves

We harvest our first new season lettuces in early May and continue until the first hard frosts in October or November. We grow winter leaves in polytunnels to give you a supply through the colder months.

### whole head lettuces:

#### **batavia (green and red)**

The most common lettuce in France. They are easy to grow and have a fairly crunchy texture and earthy flavour.



#### **cos/romaine**

The upright, old-fashioned Mr MacGregor-style lettuces. Sweet and crunchy - the classic Caesar salad leaf.



#### **little gem**

Really a mini cos. Good shelf life and texture, can be very sweet. They are good cooked too - find the recipe for minted braised little gems on our website.



#### **radicchio**

Dark red leaves with white mid-ribs and veins. It has a distinctive bitter flavour and is good grilled. Look out for the radicchio pasta recipe on our website.



### salad leaves:

#### **mizuna**

Feathery, very fine leaves with a fairly mild, peppery flavour.



#### **mixed chard/ruby chard**

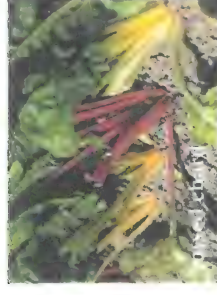
We harvest the leaves while they are young and tender. They add good colour and texture to salads.

#### **pak choi/tat soi**

A range of quick-growing, moderately hardy leaves of Oriental origin. They are normally used in stir-fries and soups, but we harvest these young and like to use them in salads.

#### **red titan beet leaves**

Fairly mild flavoured leaves from the top of young beetroot.



#### **rocket**

Indented leaves with a peppery flavour. Try in a simple salad with shavings of parmesan or pile on top of a homemade pizza.

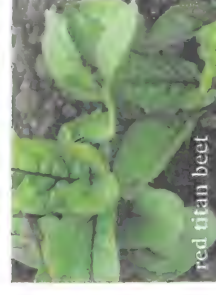


#### **ruby streaks mustard**

We grow different mustard leaves. The ruby streaks variety is really pretty in a salad and has a fairly strong mustard flavour.

#### **true spinach**

Very sweet, succulent baby spinach leaves.



### storing & preparing

Keep in the fridge for 4-10 days, depending on variety and age. The leaves of a lettuce get sweeter and milder towards the centre, but most of the nutrition is in the green outer leaves. Whole leaves attached to the lettuce keep twice as long as chopped, washed leaves - so eat salad packs (bags of mixed salad leaves) within a day or two of getting them. Wash well before use.



### quick tips

Making a good salad is all about balancing a variety of leaves with the right dressing. Combine plain lettuces such as cos with peppery leaves such as rocket and mizuna. Try this reliable vinaigrette: put 240ml sunflower oil, 4 tbsp balsamic or red wine vinegar, ½ crushed garlic clove, 1 tbsp dijon mustard and some salt and pepper in a jar. Shake vigorously and use to dress your salad.





## salsify

A winter root that looks a bit like a long, thin parsnip. It has creamy white flesh, thick skin and a delicate flavour.



### storing & preparing

Keep in the bottom of the fridge or in a cool veg rack for a week or two. To prepare, scrub off any mud, peel off the skin and immediately plunge the stalks into water with lemon juice added, to stop them discolouring.

### quick tips

Dice and add to soups or stews. Mash on its own or with potatoes. Cut into pieces and roast. To braise, put in a pan with water (150ml water to 300g salsify), a glug of olive oil, a squeeze of lemon and a chopped garlic clove. Simmer for 30-40 mins until tender and the liquid has evaporated. Stir occasionally and add a little more water if needed. Season and stir in fresh herbs.

## spinach

In your box through the summer - a mixture of the hardier perpetual spinach and the more succulent true spinach.

### perpetual

Closely related to beetroot. Hardier, more robust leaves and easier to grow than true spinach.

### true

More succulent and sweet than perpetual spinach, but temperamental to grow. We grow larger-leaved varieties than the baby spinach leaves sold by supermarkets.



perpetual



### storing & preparing

True spinach has a very short shelf life. Keep it in a plastic bag in the fridge and eat it within a couple of days, stalks and all - unless they are very large, in which case it may be worth trimming them off. Perpetual spinach will keep for longer. Wash well before use.

### quick tips

Stir into pasta sauces and curries. Or finely chop cooked spinach and fry with olive oil and garlic in a heavy bottomed pan. Add few tbsp crème fraîche and cook until bubbling, then add some basil, salt, pepper and a few drops of lemon juice. Try stirred through pasta with a crumpling of blue cheese, or on toast served with a tomato salad.

*eat true spinach stalks and all,  
but trim the stalks of perpetual*

## spring greens

Wonderfully sweet and full of flavour, these greens survive the winter and produce small hearts in March and April, when very little else is growing.

### storing & preparing

Keep in the fridge and use as quickly as possible.

Don't worry if the leaves look a little tatty - they still taste great.

### quick tips

Slice the stalks thinly and cook them alongside the leaves. Steam, stir-fry or boil if they are purple (indicating a hard life and a lack of nitrogen). Try gently cooking shredded greens in a little butter with some chopped bacon and caraway seeds or wild garlic leaves. Or add lightly steamed greens to an omelette with a crumpling of goat's cheese.





## squash (and pumpkin)

We grow all sorts of colourful squash and pumpkin varieties. Look out for them in your boxes freshly harvested in autumn and stored through winter.



butternut

### butternut

The best-known squash in the UK, thin-skinned and easy to prepare, great for risotto and soup.

### crown prince

Very dense, with deep-orange flesh. The best-tasting, best-keeping, most reliable squash we've grown, but it can be very hard to peel.



crown prince

### sweet mama

Great roasted. And one of the best vegetable variety names ever.

### red onion/uchiki kuri

On the whole these are too small to peel. Roast in segments, then scoop out the flesh with a spoon.



sweet mama

### green onion

A green version of red onion squash. Best roasted in segments.

### storing & preparing

Keep squash warm and dry. Enjoy their decorative qualities by storing on a kitchen shelf. Generally you'll need to peel them before cooking (a good veg peeler will work on a thinner-skinned variety like butternut). For more help see our video at [riverford.co.uk/squash\\_and\\_pumpkins](http://riverford.co.uk/squash_and_pumpkins).

### quick tips

Try cutting into chunks and roasting in olive oil at 180°C for about 30 mins until nearly cooked, then add chopped garlic, rosemary and chilli and roast for another 5 mins. You can chop up other root veg from your box to roast with it.

## swede

An underrated root veg with a sweet, earthy flavour that suits comforting winter dishes.



### storing & preparing

Swede stores really well - it should keep for a month or even longer in the fridge. You'll need to peel it before cooking.

### quick tips

Use in soups, stocks and stews, braised or as mash, with lots of butter and black pepper. For an easy meal on a cold night, roast swede in chunks and serve with bacon.

*if you're boiling swede to serve with a roast, save the cooking liquid - it makes the best gravy*

## sweetcorn

An iconic late summer/early autumn vegetable that's a real favourite with children (and pesky badgers, who like to nibble the crop in the field).

### storing & preparing

Best cooked really fresh. Keep in the fridge with its leaves on - natural packaging at its best!

### quick tips

Boil in unsalted water for 4-10 mins, depending on ripeness. Serve with butter, make into fritters or soup, or soak in water then BBQ in its leaves. Add cooked corn kernels to salsas and salads.





## t tomato

We select varieties for flavour rather than yield. The British outdoor seasons lasts a few brief weeks in September, so we extend our homegrown season in cold tunnels from June to mid-October.



### storing & preparing

Best kept out of the fridge on a cool veg rack. Eat at room temperature for the best flavour. Wash well before use.

### quick tips

Use to make salsa, as a bruschetta topping or in pasta sauces. If you have a glut in the summer, make your own sundried style tomatoes. Halve tomatoes and remove the seeds, drizzle with olive oil, a little sugar and sea salt, then cook at 150°C for 45 mins until shrunken and coloured. They're good in salads, tarts and pasta dishes.

## turnip

There are two types of turnip: summer and winter. The frost-hardy winter turnip is slow growing and tastes similar to swede. The summer turnip is a completely different being - fast growing, sweet and tender.



### storing & preparing

Store in the fridge. Winter turnips should keep for up to a month; summer turnips a couple of weeks.

### quick tips

With a winter turnip, peel, then roast with other roots, mash with butter or layer in gratins. You can bake or steam summer turnips and use the tops as an alternative green. Or try braising turnips: add whole small or quartered turnips to a pan with a knob of butter, a little water and a small dollop of honey. Cook slowly, stirring, until the liquid has reduced and the turnips are soft. Season with salt and pepper and add chopped fresh parsley to serve.

Flip over for a  
guide to your  
Riverford vegbox

Sea to Z-A  
Flip over for an



## hello & welcome

I hope your organic vegbox will bring our fields into your home - and plenty of flavour onto your plate.

It can be daunting to be faced with a pile of seasonal veg, fresh from the soil. Customers tell us they get the best from their box with a bit of planning. So here are some tips to help you do just that, from how to store a celeriac and what to do with your very last leek to how to manage your order online and help us recycle your packaging.

Hang onto this guide - I hope it will come in useful as the year's veg unfolds. And if you have any questions, get in touch with your local vegman or lady, or call us at the farm and we'll give you a hand.

**Guy Watson, Riverford founder**



*we've been growing  
organic veg since 1987*





## unpacking your veg

When your box arrives, unpack it and store the veg (using the chart opposite as a guide) to help it last longer. It's worth planning your meals around the veg that needs eating first to enjoy it at its absolute tastiest.

Got something weird and wonderful looking in your box? If you're stumped, have a look at the A-Z veg identifier in the back of this booklet. Or you can give us a call and we'll tell you what your mystery veg is and how to store and cook it.

Also look out for our email to you every Friday. It gives you a first look at what's in next week's boxes and recipes to help you cook with the veg.



*Keep potatoes in the dark to stop them sprouting or going green*

## storing your veg

### 1-3 days



courgettes, mushrooms, sugarsnap peas, asparagus	bottom of fridge
fresh herbs, spinach	airtight bag in fridge
tomatoes	room temperature unless over ripe

### 3-5 days



broccoli, spring greens, sweetcorn, broad beans	bottom of fridge
salad leaves, chard, kale, runner beans, french beans, pak choi, rhubarb	plastic bag in fridge
apples, pears, avocados	room temperature

### 1 week or more



carrots, leeks, cucumber, peppers, fennel, cauliflower, parsnips, cabbage, sprouts, celeriac, bunched onions, swede	bottom of fridge
onions	cool dry place
potatoes, beetroot, Jerusalem artichokes	cool dark place
squash, citrus fruit, bananas	room temperature



*find the recipe for grilled  
courgette, tomato and bean  
salad on our website*



## what to do with your veg

It can take a couple of weeks to get into the swing of cooking from a vegbox. So we bring easy, inspirational recipes with each box to help you enjoy cooking with your veg.

As well as the recipes in your box, you'll find hundreds on our website, in our two Riverford cook books and on our iPhone recipe app. And you can always call us if you need more ideas.

We also have the Riverford Field Kitchen restaurant on our farm in Devon

(it gets glowing reviews - come and visit!) and hold cooking classes and demos in some areas. Talk to your vegman for details of local events.

### 5 ways to find our recipes

- Visit [www.riverford.co.uk/recipes](http://www.riverford.co.uk/recipes)
- Download our iPhone app from [www.riverford.co.uk/iphoneapp](http://www.riverford.co.uk/iphoneapp)
- Browse our two cook books
- Look at the newsletter in your vegbox
- Call us at the farm on 01803 762059





## and that last bendy carrot?

There's no need to throw out that last bendy carrot or half a lettuce that's been lurking in the back of your fridge. We have plenty of easy tricks to help you cook (and enjoy) every last leek.

**Risottos** are a great way to use up different veg and are particularly good with mushrooms, asparagus and squash. **Spanish-style omelettes** make a simple weeknight meal too - experiment with everything from spinach, leeks and chard to peppers, courgettes and aubergine.

For a real treat, make a mouthwatering **gratin**. Thinly slice beetroot, sweet potato, Jerusalem artichokes or potatoes and layer in a dish with cream, milk, parmesan, garlic and seasoning. Bake until tender and bubbling.

And if all else fails, stir fries and soups are a classic veg user-upper.



roast leftover carrots, then mash,  
mix with ground cumin and  
sprinkle with pine nuts & goat's  
cheese

## quick tips for roots

- **Make crunchy veg crisps** by cutting root veg into very thin slices and deep frying in sunflower oil.
- **Try roasted root veg.** Peel and cut into chunks, then put in a tray with some unpeeled garlic cloves and chopped herbs. Season and drizzle with olive oil. Roast at 180°C for about an hour, turning a couple of times, until tender and slightly caramelised.
- Mix leftover mashed potato with tinned tuna or salmon and fry for easy **fishcakes**.



## quick tips for greens

- Greens and cannellini beans make a **simple dish**. Blanch greens for a minute, then cook gently in olive oil, garlic and chilli. Stir in drained pulses and season well.
- Get tasty oriental greens by shredding cabbage, chard, spinach or spring greens, **stir frying** in olive oil and serving sprinkled with soy sauce.
- Stir cabbage, kale, spinach or chard into **curries or stews** towards the end of cooking.





## look out for your favourites

Vegboxes are all about enjoying food at its seasonal best. Every week your box contents change according to what is ripe, ready and at its peak in our fields.

Our year's harvest starts in May with the first lettuce and salads. Leaves come before pods, buds and roots. Come July, the boxes are bursting with homegrown veg and fruit, including juicy summer berries.

Sweetcorn rounds off the summer nicely, before earthy squash heralds autumn. Then it's time for root veg, leeks and cabbages through winter, before the 'hungry gap' in spring, which we plug with early crops from our farm in France.

*new beginnings - may to june  
summer flush - july to august  
autumn plenty - september to november  
winter chill - december to march  
hungry gap - april to may*

## what's in season when

### January

jerusalem artichokes, leeks, blood oranges, roots

### February

celeriac, cauliflower, purple sprouting broccoli

### March

spring greens, purple sprouting broccoli

### April

spring onions, lettuce from our french farm, wild garlic

### May

asparagus, wet garlic, rhubarb, kohlrabi, bunched carrots, green onions, new potatoes

### June

broad beans, globe artichokes, strawberries, summer turnips, courgettes, chard, spinach, fennel

### July

french beans, samphire, sugarsnaps, cucumber, celery, chillies, bunched beetroot, cherries, cherry tomatoes, charantais melon, gooseberries

### August

discovery apples, sweetcorn, courgettes, blueberries

### September

more english apples, raspberries, muscat grapes, courgettes, fennel, plums, romanesco, calabrese, runner beans, peppers, chillies

### October

squash, pumpkins, cabbages, leeks, green satsumas, pears, red russian kale

### November

black kale, clementines, cauliflower, parsnips, radicchio, escarole

### December

brussels sprouts, parsnips, red cabbage





## flexible shopping

We know that no two weeks are the same. So there are lots of ways you can shop with us to make sure you get what you need, when you need it.

### You can

- Swap between different boxes.
- Add other bits to your order and save on shopping trips (more on that over the page).
- Make up your own order from scratch if that works better than a box with fixed contents.
- Pause your order if you're going on holiday.
- Change your order up to 2 days before your delivery, by 11.45pm online, or 5pm by phone or email.
- Tell us where you'd like us to leave your box if you're not going to be at home for delivery. With a neighbour, behind a hedge, in a recycling bin, wherever suits.

The easiest way to shop and manage your order is online. If you're not sure how, give us a call and we'll talk you through it. Of course, if you prefer, you can place your order with us over the phone.



*"Being able to add items each week is amazing and so useful, and pausing deliveries when you're on holiday is such a sensible idea."* Zoe Westoby





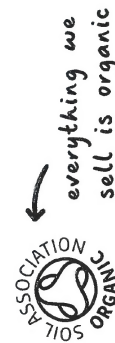
## to go with your box

We sell all sorts of other organic food and drink so you can make the most of your free delivery and save on shopping trips. You can top up your box with extra portions of fruit and veg, too.

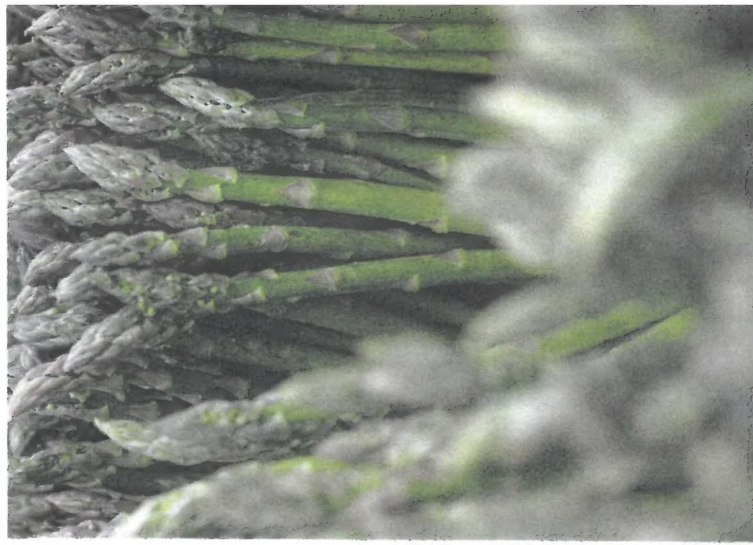
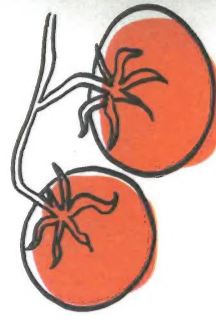
If you're looking for organic meat to go with your vegbox, take a look at our range online. We offer everything from steaks and burgers to joints for roasting and cuts for stewing. All our meat is reared to the highest welfare standards (we've won an RSPCA award for our commitment), properly hung and prepared by our own butchers.

It's easy to add weekly staples to your order like milk, eggs and yoghurt. We also have cooking essentials that are handy when you're whipping up a meal - garlic, herbs, ginger, olive oil, lemons and more.

Look out for seasonal treats through the year, from blood oranges and asparagus to samphire and venison. We'll include details of these in your weekly email and on the website.



everything we  
sell is organic





## waste not want not

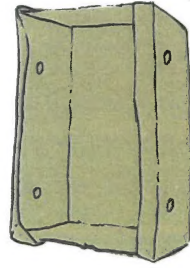
We've been growing organically since 1987, and there are other things we can do to make sure we tread more gently on the planet.

To start with, we use as little packaging as possible - if it doesn't need it, we won't wrap it. So you'll get much less waste with us than if you buy your veg at a supermarket.

And you can help, too. Please fold down and leave out your empty vegboxes (even if they're damaged) and we'll reuse them. We will also take back our plastic bags and punnets for recycling. And when it comes to meatboxes, please leave us the box, insulation and gel packs for reuse.

Thank you!

we aim to reuse each  
vegbox 10 times



natural packaging at its best

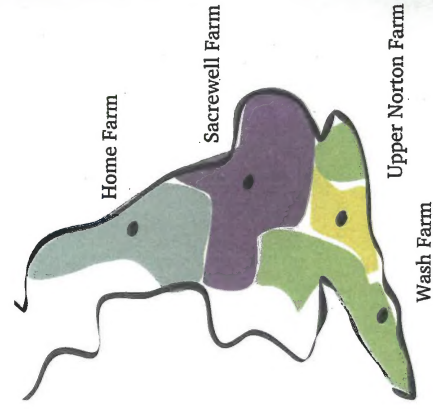


## get in touch

If you have any questions about your deliveries or you'd like to give us some feedback, talk to us over the phone, by email or in person when we deliver your box.

Make the most of your vegman or lady - they're not just drivers! They can help you manage your order, recommend new things you might like to try, and also pass on a recipe tip or two.

You're also welcome to come and visit our farms, so you can see where we grow your veg. Look out for details of family-friendly events including our annual Pumpkin Day through the year.



**we're here to help**  
**01803 762059**  
**[www.riverford.co.uk](http://www.riverford.co.uk)**



watch Guy's recipe videos at [www.riverford.co.uk/videos](http://www.riverford.co.uk/videos)